



SEAT PLEASANT NEWS

MARCH 2012 EDITION Visit us on the web at: www.seatpleasantmd.gov

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City of Seat Pleasant

Mayor

Eugene W. Grant

Council President

Kelly Porter

(At-Large Councilmember)

Ward I Councilmember

Elenora Simms

Ward II Councilmember

Aretha Stephenson

Ward III Councilmember

Reveral Yeargin

Ward IV Councilmember

Gerald Raynor

Ward V Councilmember

Darrell Hardy

At-Large Council member

Johnie L. Higgs, Sr.

City Administrator

Vincent E. Jones

Treasurer

Robert L. Ashton

Chief of Police

Samuel Prue

Director of Public Works

Johnny Thompson

City Clerk

Dashaun Lanham

MAYOR'S MESSAGE



"Life's Simple 7" Health and Activity Event for Seat Pleasant Seniors a Tremendous Success for Mayor Eugene W. Grant and the Health Empowerment Network of Maryland, Inc.

About fifty City of Seat Pleasant seniors attended a health event "Life's Simple 7" put on last Saturday, February 11, 2012, at Faith Temple #2 Church by myself and members of my community based organization, Health Empowerment Network of Maryland, Inc. All senior participants were treated to a healthy lunch prepared by members of the University of Maryland school community and fruit and drinks courtesy of Jason's Deli located in College Park. It was important to me as Mayor to make the focus of this event a series of public health screenings which were conducted by volunteers from the University of Maryland's School of Public Health.



I began the day by providing some opening remarks and gave attendees an overview of the history regarding the partnership between The City of Seat Pleasant, "A City of Excellence", and the University of Maryland's School of Public Health which began in 1999. Our effort to close this vast health disparity gap in Prince George's County is coming into fruition, with local community focused events such as these, building community awareness around health care options and bringing strong partners into the Health Empowerment Network of Maryland, Inc., which is honored to have such a robust health care partner with the University of Maryland's School of Public Health and having the support of national organizations such as the American Heart Association, there is no stopping progress and providing better care to our constituents. I then introduced Professor Sharon Desmond who has worked with the community alliance since its beginning.

Dr. Desmond of the University of Maryland's School of Public Health provided blood glucose (blood sugar), blood pressure and body fat screenings. Three individuals who had their blood glucose level checked learned their blood sugars were too high, meaning they could have type II diabetes and need to follow-up with their doctor. Seven million people in the United States are currently living with undiagnosed diabetes (Centers for Disease Control and Prevention, 2011) and it is screenings like these done at Faith Temple #2 Church which help people learn they may have diabetes. Dr. Desmond stated, "I was thrilled we were able to identify three people who did not know they may have diabetes. Knowledge is power and these three people can now take the needed steps to improve their health. Also, finding out earlier rather than later increases their chances of not developing the serious complications associated with diabetes." She also went on to inform attendees it is important to know



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(MAYOR'S MESSAGE CONTINUED)

if you have diabetes so you can prevent or reduce the very serious complications diabetes can cause, such as: heart disease, high blood pressure, stroke, blindness, kidney disease, nerve damage and amputations. The earlier you find out, the sooner you can begin practicing the healthy behaviors that help control your diabetes, such as eating a diet low in saturated fats and sugars and exercising on a regular basis. You can definitely live a happy, healthy life with diabetes because millions of people are doing that every day.

Reverend Gail Harris-Berry, Ambassador for the American Heart Association, shared her amazing story of survival from a major heart episode and stressed the importance of heart health to senior residents attending the event. "It was an excellent event, I hope we can do this health event on an annual basis" stated Roberta Coleman, a senior who lives in the City of Seat Pleasant and participant at the event.

Event activities organizer, Gloria S. Friedgen, with the Alumni Affairs and Outreach Office at the University of Maryland's School of Public Health, "Was excited to collaborate with Mayor Eugene Grant and the City of Seat Pleasant: A City of Excellence on a project that uses mobile phones and text messaging in supporting healthy behaviors of senior citizens." One health screening included Dr. Robert Gold, Dean, who demonstrated how text messaging could be utilized by seniors, sending simple messages reminding folks about "Life's Simple 7," a program to learn about heart health and information/tips on what one can do to live better. Participants would receive approximately three messages per week over a three month period that would be both informational and motivational.

Sylvette LaTouche-Howard, PhD and a student at UMD, provided us with background about the University of Maryland health study and encouraged attendees to sign up. Another activity which took place was increasing one's physical activity. This is one of the messages that was emphasized and to get the senior participants pedometers were passed out to, these devices measure the number of steps taken on a daily basis. Taylor Graham, Morgan Wallace and Jessica Lowy, all students from the University of Maryland lead the group in some great dance moves to show that physical activity can be lots of fun. "This health event was marvelous, I learned a lot and will incorporate the health tips gained here at my home, in every day life and activity" stated senior participant Penny Edwards who did 1,147 steps during the workout activity portion of the health event, beating out all the other participants.

Gloria Friedgen, event organizer also included, "The potential for improving health behavior of seniors in Seat Pleasant took a step forward today. The enthusiasm of Mayor Grant and the excitement of those present was heartwarming on a very cold day!" Ms. Friedgen also wanted to remind all Seat Pleasant seniors over 50 years of age and that have a cell phone they can receive health related and helpful text messages. To participate contact the University of Maryland School of Public Health at (301) 405-1362 or email gsf@umd.edu.

OFFICE OF THE CITY CLERK

The City Council has introduced the following legislations in the month of February

Resolution R-12-09

FOR the purpose of approving the City to join with Prince George's County and other municipalities in performing a needs assessment and negotiating the renewal of the Comcast franchise agreement.

Copies of this legislation are available from the Office of the City Clerk at:

City Hall
6301 Addison Road
Seat Pleasant, Maryland 20743-2125

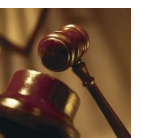
NEW COUNCILMEMBER CHOSEN

The City Council voted to elect Johnie Higgs, Sr. to fulfill the vacant position left by former Councilwoman Gatling. Councilmember Higgs was sworn in at the Monday, February 13, 2012 public session.

CITY OF SEAT PLEASANT BOARD OF ELECTION SUPERVISORS

The City of Seat Pleasant is seeking interested parties to the Board of Election Supervisors. In accordance with the Seat Pleasant City Charter the duties of the Board of Elections are listed below. The interested parties shall submit a letter of interest and resume to the Office of the Mayor by **IMMEDIATELY**. The positions are opened until filled.

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(OFFICE OF THE CITY CLERK CONTINUED)
Section C-605. Duties

The Board of Supervisors of Elections shall be in charge of the registration of voters, nominations, and all City elections. The Board may appoint election clerks or other employees to assist it in any of its duties.

All submissions for consideration **MUST** be filed in the **office of the Mayor**, Seat Pleasant City Hall, 6301 Addison Road, Seat Pleasant, Maryland 20743, Monday through Friday between the hours of 9:00 a.m. and 5:00 p.m.

A WORD FROM COUNCILWOMAN SIMMS



Don't forget the Kite Flying event on Saturday, March 10 from 11 a.m. - 1:00 p.m. Come join the fun at Goodwin Park. Free kites available while supplies last!

Also, the City is preparing the budget for the coming year. Please feel free to contact me with your concerns about the FY 2013 budget or about Ward I, by letter (6301 Addison Road, Seat Pleasant, Maryland 20743), e-mail (elenoras301@aol.com), or telephone (301-655-6559).

A WORD FROM COUNCILWOMAN STEPHENSON

Councilwoman Stephenson will be hosting Ward II Crime Prevention and Crime Watch Training every 3rd Wednesday at Pleasant Homes Apartments Community Center between 6:00 and 8:00 p.m. For more information see the back page of this newsletter or call Councilwoman Stephenson at 240-601-1037.



A WORD FROM THE CITY TREASURER, ROBERT ASHTON TREASURER'S DEPARTMENT WELCOMES NEW EMPLOYEE



In the Treasurer's Department, we want to welcome a new employee Mr. Orson Carter. Mr. Carter joined the Seat Pleasant Treasurer's Office on 2/6/12 and is serving as the General Ledger Supervisor. He earned a Bachelor's degree in accounting from Jackson State University located in Jackson, MS and a Masters in accounting from Strayer University in Washington, DC. His professional experience includes a background working in governmental and nonprofit organizations, where he is experienced in most areas of accounting. He is a team player who strongly believes the greatest strength of an organization is the ability of its employees to work together. I think Mr. Carter will be a fine addition to the staff composition in the Treasurer Office.

BUDGET CALENDAR

For those residents interested in the budget process, the table below outlines what's ahead in the month of March and beyond.

| DATE | EVENT | PARTICIPANT | PURPOSE |
|---------------------------------|---|---|--|
| March 2, 2012 | Budget Calendar | City Administrator | Presentation of the 2013 Calendar to the City Council |
| April 2, 2012 | Presentation of the Mayor's Proposed Budget to the City Council | Mayor | To allow the Mayor to forward his proposed fiscal plan for Fiscal Year Beginning July 1, 2012 and ending June 30, 2013 |
| April 20, 2012 - April 16, 2012 | Budget Presentation | City Administrator, City Treasurer and Senior Staff | Departmental presentation of their budget to the City Council |

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(BUDGET SCHEDULE CONTINUED)

| DATE | EVENT | PARTICIPANT | PURPOSE |
|-------------------------|---|--|--|
| April 23 - May 11, 2012 | Budget Review | City Council | To finalize the Budget for the Year beginning July 1, 2012 and ending June 30, 2013. |
| May 14, 2012 | Forward of the final budget to the City Treasurer | City Council and City Treasurer | To enable the City Treasurer to assemble the Budget Book. |
| May 21, 2012 | First reading of FY 2013 Budget Ordinances | City Council | To read the City's Budget Ordinance for the first time. |
| May 25, 2012 | Second Reading of the FY 2013 Budget Ordinance | City Council | To adopt the City Budget for the Year beginning July 1, 2012 and ending June 30, 2013. |
| July 1, 20be12 | Budget Year Begins | Mayor, City Council, City Administrator and City Staff | To kick off the Fiscal Year |

Please keep in mind that these dates may be subject to change and make sure to look in the City newsletter for updates concerning meetings for public input of the City budget.

CRIME STATISTICS FOR THE SEAT PLEASANT POLICE DEPARTMENT

Below are the crime statistics for January for the City of Seat Pleasant.

MARYLAND
(1)

RETURN A - MONTHLY COUNT OF OFFENSES KNOWN TO POLICE

01723
AGENCY IDENTIFIER

FORWARD BY 7TH DAY AFTER THE END OF EACH MONTH TO :
 CENTRAL RECORDS DIVISION - UCR SECTION
 MARYLAND STATE POLICE, PIKESVILLE, MD 21208

| 1 CLASSIFICATION OF OFFENSES <small>(PART 1 OFFENSES)</small> | 2 | 3 <small>OFFENSES REPORTED OR KNOWN TO POLICE (INCLUDE UNFOUNDED AND ATTEMPTS)</small> | 4 <small>UNFOUNDED, I.E. FALSE OR BASELESS COMPLAINTS</small> | 5 <small>NUMBER OF ACTUAL OFFENSES (COLUMN 2 MINUS COLUMN 3) INCLUDE ATTEMPTS</small> | 6 <small>TOTAL OFFENSES CLEARED BY ARREST OR EXCEPTIONAL MEANS</small> | 7 <small>NUMBER OF CLEARANCES INVOLVING ONLY PERSONS UNDER 18</small> |
|---|----|---|--|--|---|--|
| | | (A) | (B) | | (Includes Column 6) | |
| 1. Criminal Homicide | | 0 | 0 | 0 | 0 | 0 |
| a. Murder and nonnegligent manslaughter | 11 | | | | | |
| b. Manslaughter by negligence | 12 | | | | | |
| 2. Forcible rape Total | 20 | 0 | 0 | 0 | 0 | 0 |
| a. Rape by force | 21 | 0 | 0 | 0 | 0 | 0 |
| b. Assault to rape attempts | 22 | 0 | 0 | 0 | 0 | 0 |
| 3. Robbery Total | 30 | 0 | 0 | 0 | 0 | 0 |
| a. Firearm | 31 | 0 | 0 | 1 | 0 | 0 |
| b. Knife or cutting instrument | 32 | 0 | 0 | 0 | 0 | 0 |
| c. Other dangerous weapon | 33 | 0 | 0 | 0 | 0 | 0 |
| d. Strong-arm (hands, fists, feet, etc.) | 34 | 0 | 0 | 0 | 0 | 0 |
| 4. Assault Total | 40 | 7 | 0 | 7 | 6 | 0 |
| a. Firearms | 41 | 1 | 0 | 1 | 0 | 0 |
| b. Knife or cutting instrument | 42 | 0 | 0 | 0 | 0 | 0 |
| c. Other dangerous weapon | 43 | 0 | 0 | 0 | 0 | 0 |
| d. Hands, fists, feet, etc. - aggravated | 44 | 5 | 0 | 5 | 5 | 0 |
| e. Hands, fists, feet, etc. - simple | 45 | 1 | 0 | 1 | 1 | 0 |
| 5. Breaking and Entering Total | 50 | 1 | 0 | 1 | 0 | 0 |
| a. Forcible entry | 51 | 1 | 0 | 1 | 0 | 0 |
| b. Unlawful entry - no force | 52 | 0 | 0 | 0 | 0 | 0 |
| c. Attempted forcible entry | 53 | 0 | 0 | 0 | 0 | 0 |
| 6. Larceny - Theft Total <small>(except Motor Vehicle Theft)</small> | 60 | 10 | 0 | 10 | 4 | 0 |
| 7. Motor Vehicle Theft Total | 70 | 3 | 0 | 3 | 0 | 0 |
| a. Autos | 71 | 3 | 0 | 3 | 0 | 0 |
| b. Trucks and Buses | 72 | 0 | 0 | 0 | 0 | 0 |
| c. Other Vehicles | 73 | 0 | 0 | 0 | 0 | 0 |
| GRAND TOTAL | 77 | 21 | 0 | 21 | 10 | 0 |

FREE WEATHERIZATION ASSISTANCE OFFERED TO ELIGIBLE COUNTY RESIDENTS

The Prince George's County Department of Housing and Community Development (DHCD) is offering free weatherization assistance to eligible low income households in Prince George's County. Free installation of energy conservation measures to reduce heat loss and air infiltration will be made to households that meet minimum income requirements and who are elderly, disabled or have a family with children less than 5 years of age. The program is provided through a grant from the U.S. Department of Energy. The County can provide up to \$6,500 per home in energy efficiency measures.

Some of the energy efficiency measures include insulation of attics, floors, walls, basements and crawl spaces, caulking /air sealing around windows, doors and crawl spaces, wrapping hot water heaters and pipes, making hot water system improvements, and addressing health and safety items. The weatherization staff provides energy conservation education to homeowners who participate in the program.

Since the program's inception, the Prince George's County Department of Housing and Community Development has weatherized 283 county homes, spending an average cost of \$5,447 per home. By participating in this weatherization program, county residents can reduce their utility bills by an average of 30 to 35%, reduce their energy consumption and reduce their cost of home maintenance. The weatherization program is not a home repair program and all homes must be structurally sound before any energy conservation measures can be installed. The County gives special priority to elderly homeowners and families whose income is not more than 60% of the state median income or less.

To determine eligibility to participate in the program, county residents can visit the Prince George's County Government website, go to the Department of Housing and Community Development and click on Weatherization Assistance at www.princegeorgesmd.gov. For more information or to schedule a home energy audit, please call 301-883-5491.

CITY CELEBRATES BLACK HISTORY MONTH



Dr. Ida B. Jones speaks as Mayor Eugene Grant and attendees listen.

On Wednesday, February 21st, the City of Seat Pleasant in collaboration with Higher Praise Ministries, held a Black History Month Program at their church in Seat Pleasant. The evening was filled with song, dance and inspiration. The guest speaker, Dr. Ida B. Jones, (one of the first African American women to receive a PhD in history) gave a very enlightening presentation on the role of African American women in the church. Her wealth of knowledge was evident as she expounded on their roles in past and present history. The event was presided over by Mayor Eugene Grant and was adjourned by Apostle Pete McKinnis of Higher Praise Ministries.



Vintage Saints Dance Ministry performs during the celebration.

A WORD FROM THE SEAT PLEASANT VOLUNTEER FIRE DEPARTMENT

Over the next few months, Volunteers from the Seat Pleasant Volunteer Fire Company will be hitting the streets once again, to check smoke detectors and to provide fire safety information to the community. This series of Smoke Detector checks will be slightly different from the past, members will be equipped with home escape plans for homes with young children. Volunteers will sit down with families and make a "what to do plan" for if a fire ever

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(FIRE DEPARTMENT CONTINUED ON THE NEXT PAGE)

occurs in the home. If you do not have a working smoke detector, would like a home escape plan, or would like a free fire safety class for your young ones, please contact Phil Martin at 301-836-1957 or email at phil.martin@seatpleasantfire.com. This series of smoke detector checks are part of a promise made in January of 2011 to make sure as many homes as possible have working smoke detectors.



A WORD FROM CODE ENFORCEMENT



Since we are not out of the woods where winter is concerned, the Code Enforcement Department would like to remind residents about the winter cleanup process and ordinance. Due to the severe weather we had last year please remember the following:

Seat Pleasant City Code 137-33-34 Snow Removal- It shall be the duty of the owner and occupant, jointly, of every parcel of real estate adjoining a public sidewalk to keep such sidewalk adjoining such property free from snow and ice and full paved width of such sidewalk. Snow and ice shall be removed within 24 hours after the end of snowfall. Sidewalks in front of commercial establishments and commercial parking lots shall be kept free of snow and ice at all times between the hours of 9:00a.m. and 5:00 p.m.

A WORD FROM CPAC ANCHOR FOR SAFETY

I recently read something from the U.S. Consumer Product Safety Commission (CPSC) that is worth passing along to you. Did you know that furniture and TV tip-over incidents are one of the top hidden hazards in the home? They say that a child is killed once every two weeks and tens of thousands are injured every year. The CPSC is urging parents and caregivers to inspect and anchor furniture and TVs in order to protect young children from a preventable tragedy. We all know that children like to climb on furniture, but placing TVs on furniture not intended for them or having furniture that is not secured can have tragic consequences. The most common tip-over scenarios involve toddlers who have climbed onto, fallen against or pulled themselves up on furniture.

To prevent tragedies follow these safety tips in any home where children live or visit:

- Anchor furniture to the wall or the floor.
- Place TVs on sturdy, low bases.

Or, anchor the furniture and the TV on top of it, and push the TV as far back on the furniture as possible.

Seat Pleasant, let's watch out for our children and keep them safe – they depend on us! If you have any questions or would like to get in touch with us, please email us at cpac.seatpleasant@live.com.



A WORD FROM THE SEAT PLEASANT/ UNIVERSITY OF MARYLAND HEALTH PARTNERSHIP

March is National Kidney month—the time of year we try to increase everyone's awareness about kidney disease, especially chronic kidney disease (CKD) and end stage renal disease (ESRD). People are diagnosed with CKD if they have some level of kidney damage or decreased kidney function for three months or more. With CKD the kidneys slowly stop working, which can take 10-20 years, and when they fail altogether a person is diagnosed with ESRD (National Kidney Foundation, 2011). Once a person has ESRD, he or she needs dialysis or a kidney transplant. Unfortunately ESRD is more common in African Americans than

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(HEALTH PARTNERSHIP CONTINUED)

other groups—for every million African Americans, 998 have kidney failure while for every million white Americans, 273 have kidney failure (Medline Plus Medical Encyclopedia, 2011). Other groups at higher risk of getting kidney disease include people 60 and older, those with a family history of chronic kidney disease as well as Hispanics, Asians, Pacific Islanders and Native Americans.

The two leading causes of kidney failure are diabetes and high blood pressure which means it is very important to control your blood sugar if you have diabetes and your blood pressure if you have hypertension (high blood pressure). If you can keep your blood sugar and blood pressure as normal as possible, this will help prevent or slow down the development of kidney disease or kidney failure. Right now in the U.S. 44% of kidney failure cases are caused by diabetes and 24% are caused by poorly controlled high blood pressure; if we can decrease the number of people who develop these two diseases, we could reduce 68% of the new cases of kidney disease in the U.S. A big problem with kidney disease though, is that people often do not know they are at risk for developing it (or that they already have it) because there are very few warning signs or symptoms. Because most people don't have severe symptoms until the disease is far along, it has been called "silent killer" or "quiet epidemic" (National Kidney Foundation, 2011). However, some people may notice they have less energy, trouble sleeping or concentrating, a poor appetite, muscle cramping at night, swollen feet and ankles, or puffiness under their eyes in the morning.

There are several tests you can ask your doctor to perform to see if you might have kidney disease before the disease is far along. One is a urine test checking for albumin (a type of protein) or creatinine (a kind of waste) (American Kidney Fund, 2012); if protein or creatinine is in your urine that can mean your kidneys are not working properly. Another test is called an estimated glomerular filtration rate (EGFR) which is a blood test that measures how much creatinine is in your blood.

We all know a family member, friend or neighbor with diabetes, high blood pressure, or kidney disease—in fact, a number of us reading this newsletter likely have one of these health problems. We need to encourage people living with these diseases to take good care of themselves and ask our elected officials to support services and programs that address these health concerns. It is also important for us to learn more about kidney disease and how to prevent it or slow down the damage it can cause. On Saturday March 24th at 11am at city hall (6301 Addison Rd.) and again on March 31st at 11am at Shining Star Freewill Baptist Church Community Center (5727 Martin Luther King, Jr. Hwy.), the Seat Pleasant University of Maryland Health Partnership (SP-UMHP) is offering a free class on kidney disease—providing information about what it is, who is at risk and how to prevent it. If you have any questions about the class, please call Ms. Kyrthlyn Rhoda at City Hall (301-336-2600, ext. 2229). Hopefully you and a family member or friend will be able to attend one of these sessions! Again, the class is open to the public, free of charge and refreshments will be served!

Sharon M. Desmond, Ph.D.

Seat Pleasant University of Maryland Health Partnership Co-Chairperson

ATTENTION AREA STUDENTS AT FAIRMOUNT HEIGHTS HIGH SCHOOL, CENTRAL HIGH SCHOOL and SUTLAND HIGH SCHOOL!

The Seat Pleasant Community Development Corporation and The Entrepreneurs Success Builders Network provide projects for Elizabeth Seton Private Girl's school for their Community Service Hours. **Any area student needing community service hours can join in. Any area student needing subject matter assistance can join us. Any area student wanting to advance their mastery of a subject matter can join us. Any student wanting to help or to be helped can join us.**

WHEN: FEBRUARY 18TH AND 25TH; MARCH 3RD, 10TH, 17TH, AND 24TH

WHERE: Seat Pleasant Community Development Corporation Office

6195 Central Ave, Seat Pleasant, MD 20743

(Directly opposite the Safeway Shopping center at Addison Rd & Central Ave.)

TIME: 9:00 AM UNTIL 12 NOON

YOU MUST REGISTER to reserve your space by calling: Koko Barnes @ 301-324-2470 or Baron Howard @202-580-5817

**THE CITY OF SEAT PLEASANT ALSO OFFERS COMMUNITY SERVICE HOURS FOR THOSE WHO ARE INTERESTED.
CALL 301-336-2500 FOR MORE INFORMATION.**

City of Seat Pleasant

"A City of Excellence"

6301 Addison Road

Seat Pleasant, Maryland 20743



PRESORTED
FIRST CLASS
U.S. POSTAGE PAID
SOUTHERN MARYLAND
PERMIT #235



NEED HELP WITH VOTER REGISTRATION?

Assistance will be provided for those needing help with completing voter registration applications. Help will be available between 3 and 5 p.m. every Thursday. For more information contact 301-336-2780.



Ward II - Crime Prevention and Crime Watch Training

Hosted by: Councilwoman Aretha Stephenson

Every 3rd Wednesday of the Month for 2012

Pleasant Homes Apartments Community Center

6810 Greig Street

Seat Pleasant, Maryland

6:00pm - 8:00pm

All citizens of Seat Pleasant are welcome to attend

Light Refreshments will be provided

FOR MORE INFORMATION CALL COUNCILWOMAN STEPHENSON
AT 240-601-1037